

## UK Final Track and Field Programme

Left hand track		Under 13 Field events	Right hand track		Under 15 Field events
12.30 pm	Obstacle Relay – u13 girls (2 heats)	High Jump – girls	12.30 pm	2 lap Race – under 15 boys (T/Ts)	Standing Long Jump – girls
	...	Shot – girls		...	Vertical Jump – girls
	Obstacle Relay – u13 boys (2 heats)	Speed Bounce – girls		4 lap Race – under 15 boys (T/Ts)	
		Standing Long Jump – girls			
		Standing Triple Jump – girls			
	* Ron Pickering & John Young Presentations	Vertical Jump – girls			
1.10 pm	2 lap Race – under 13 boys (heats)		1.10pm	2 lap N/S – under 13 boys	Shot – boys
	...			...	
	4 lap Race – under 13 boys (heats)			2 lap N/S – under 15 boys	
1.30 pm	6 lap Race – under 13 boys (T/Ts)		1.30 pm	2 lap Race – under 15 girls (T/Ts)	Speed Bounce – boys
	...			...	
	4 x 1 lap Relay – u13 boys (2 heats)			4 lap Race – under 15 girls (T/Ts)	
				...	
				2 lap N/S – under 13 girls	
				...	
				2 lap N/S – under 15 girls	
1.50 pm	4 x 1 lap Relay – u13 girls (2 heats)	High Jump – boys			
	...	Shot – boys			
	2 lap Race – under 13 girls (heats)	Speed Bounce – boys			
	...	Standing Long Jump – boys			
	4 lap Race – under 13 girls (heats)	Standing Triple Jump – boys			
	...	Vertical Jump – boys			
	6 lap Race – under 13 girls (T/Ts)				
2.20 pm	Presentations – u13's		2.20 pm	Presentations – u15's	

Time table 2

	Left hand track	Under 13 Field events		Right hand track	Under 15 Field events
2.30 pm	4 x 1 lap Relay Final – u13 girls 4 x 1 lap Relay Final – u13 boys		2.30 pm	Under 11's races	Standing Long Jump – boys Standing Triple Jump – boys Shot – girls Speed Bounce – girls
2.40 pm	2 lap Final – under 13 boys 4 lap Final – under 13 boys				
2.50 pm	2 lap Final – under 13 girls 4 lap Final – under 13 girls				
3.00 pm	Presentations				
3.05 pm	Obstacle Relay Final – u13 girls Obstacle Relay Final – u13 boys				
3.20 pm	Presentations				
3.25 pm	4 x 2 lap Relay– u13 girls (2 heats) ... 4 x 2 lap Relay – u13 boys (2 heats)		3.25 pm	4 x 2 lap Relay – u15 girls (2 heats) ... 4 x 2 lap Relay – u15 boys (2 heats)	
3.45 pm	8 lap Paarlauf – u13 girls (2 T/Ts) ... 8 lap Paarlauf – u13 boys (2 T/Ts)		3.45 pm	8 lap Paarlauf – u15 girls (2 T/Ts) ... 8 lap Paarlauf – u15 boys (2 T/Ts)	
4.05 pm	4 x 2 lap Relay Final – u13 girls ... 4 x 2 lap Relay Final – u13 boys		4.05 pm	... 4 x 2 lap Relay Final – u15 girls ... 4 x 2 lap Relay Final – u15 boys	

**Timings:** The above times are provided for guidance. Events may be brought forward at the discretion of the Referees and Meeting Director.

**Qualifiers:** A maximum of seven individuals or teams will contest the finals, being the winners of each heat and the appropriate number of fastest runners-up.